

Cost

The cost is \$360 which includes materials \$60 for materials. Please email Lucy Wynkoop, OSB for an application and payment plan for the total program or for some sessions and retreats at lucywynkoop@gmail.com or call the Center 360-438-2595. Kindly let us know if you are interested in the program as soon as possible.

Individual sessions are a possibility if we have 6 people registered for the full program. The cost will be \$60 per session.

Send in **\$60 before September 7, 2010** as a nonrefundable deposit to The Priory Spirituality Center for Creativity as a Spiritual Practice.

Address

The Priory Spirituality Center
500 College Street NE
Lacey, WA 98516-5339
Phone: (360) 438-2595

FAX: (360) 438-9236

E-mail: spiritualityctr@stplacid.org

Directions to the Priory Spirituality Center

Traveling north from Portland, on I-5
Take Exit 109
Turn left onto Martin Way
Stay in the far right lane
Turn right at second light onto College Street
Turn right at St. Placid sign (second possible right turn)

Traveling south from Seattle, on I-5
Take Exit 109
Turn right onto Martin Way
Stay in the far right lane
Turn right at the light onto College Street
Turn right at St. Placid sign (second possible right turn)



Margaret McGee



Jo Uhlman



Karen Barrueto



Marge McGinley

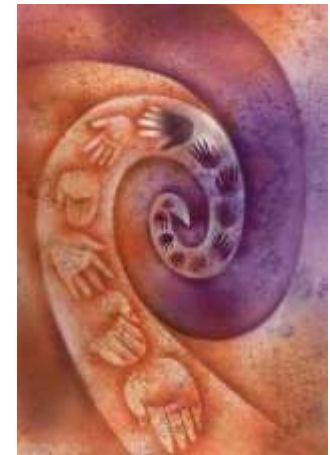


Lucy Wynkoop, OSB



Monika Ellis, OSB

Practicing Creativity in Spiritual Life



BENEDICTINE
SISTERS *St. Placid Priory*

THE PRIORY SPIRITUALITY CENTER
THE CONFERENCE CENTER
THE PRIORY STORE

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www.stplacid.org



Practicing Creativity in Spiritual Life

Practicing Creativity in Spiritual Life can deepen and enrich all aspects of spiritual life. In the Artist's Way: A Spiritual Path to Higher Creativity, Julia Cameron says: "When we open ourselves to our creativity, we open ourselves to the creator's creativity within us and our lives." Our hope is to provide many ways of opening ourselves to creativity as a spiritual practice and creative play.

Presenters

Karen Barrueto

Studied 3 years in the Jung Institute in Switzerland
Master's in Art and Psychotherapy
Trained as an art therapist in England
Gives workshops

Monika Ellis, OSB

MA in Education, Priory Hymn Writer
Spiritual Director and Retreat Director

Margaret McGee

Leader of spiritual workshops and retreats
Author of Haiku -- The Sacred Art: A Spiritual Practice in Three Lines (SkyLight Paths).

Jo Uhlman

University of Michigan, Ann Arbor MI, B.A.
in Elementary Educ., minor in Art,
Centralia College, Commercial Art,
Numerous International Calligraphy
Conferences and Exhibitions

Lucy Wynkoop, OSB

MA in Theology, concentration in Scripture
MA in Theology, concentration in
Monastic Studies; Minor in Art
Retreat and Spiritual Director

Monthly Sessions 9:00am-Noon

November 2, 2010: **Haiku: A Spiritual Practice in Three Lines**

By capturing and writing down images of what we find holy--moments of deep feeling that make us feel alive and whole--we relate to God through the "now" of this moment just as it is. Using lively examples and simple guided exercises, this session introduces participants to a unique and creative spiritual practice.

Margaret McGee

November 30, 2010: **Drawing as Meditation**

Contour drawing and other art forms involve a way of seeing a piece of the visible world around us and feeling the object looking back at us. In this practice we will be attentive to our meditative inner workings.

Lucy Wynkoop, OSB
& Marge McGinley

January 4, 2011: **Felting**

Needle felting is a way of making a piece of solid, colorful art out of wispy tufts of wool and other fibers. It is truly a transformative process, easy to learn, versatile, inexpensive and very satisfying. Come and step into the way of the artist, listening to what is deep within you and letting it come out in color, texture, form and fun.

Monika Ellis, OSB

February 1, 2011: **Powerful Stuff: Word and Music Together**

Drawing on the principles of poetry, Appreciative Inquiry, and contemporary spiritual writers such as Barbara Fiand and others we will explore how to write hymn texts. The choice of images, language, and a single word itself linked with musical texts can help people access deep spiritual places.

Monika Ellis, OSB

March 1, 2011: **Meditation Candle**

Candles are traditional symbols of warmth and light. They are a natural focus for prayerful meditation. This workshop is an opportunity to decorate a glass pillar candle with papers, charms, lace, glitter, images, and paint. Your candle can capture a theme or emotion that you'd like to express through your prayers.

Karen Barrueto

May 10, 2011: **Opening Doors to the Creative Spirit, Combining Playful Painting with Winsome Words**

We will combine our watercolor backgrounds and Spirit writings into our "masterpieces." There are times when things appear that we would never expect. This process builds lessons in spontaneity, courage, confidence, willingness, patience and persistence.

(Calligraphic knowledge is NOT a prerequisite.)

Jo Uhlman